

#### WHAT IS CLAIMED IS:

1. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal of substantial identical shape and connected together to form a relatively flat frame, which comprises the steps of examining a pre-existing exercise machine of the type having a three dimensional frame made from horizontal frame members, vertical frame members, transverse frame members, all the frame members being interconnected to form the three dimensional frame upon which are mounted the necessary handles, levers, pistons, crank arms, operating rods and linkage to provide a given exercise for the operator of that exercise machine, the step of examining being performed to determine, from the three dimensional frame, the vertical and horizontal extent of the pre-existing machine, making a two dimensional pattern whose vertical and horizontal extent conforms to the vertical and horizontal extent of the pre-existing machine based upon the examination thereof, cutting a pair of steel side frame members from steel sheeting using the two dimensional pattern created herein, placing the two side frame member in spaced parallel relation, welding a plurality of transverse braces to the plates at predetermined intervals around the peripheries of the plates, and thereafter mounting between the plates and on the plates, the necessary handles, levers, pistons, crank arms, operating rods and linkage to provide the given exercise.

2. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal to form a substantially flat frame as set forth in Claim 1 which includes the further steps of mounting a seat on the relatively flat frame, mounting a back support on the relatively flat frame, mounting a pair of pistons between the two plates of the frame adjacent a lower portion thereof, mounting a pivotal handle on a rotary shaft extending

transversely across the upper portion of the relatively flat frame, connecting the rotary shaft to a first crank arm, mounting a second crank arm pivotally between the two plates and below the first crank arm, connecting a rod from one portion of the first crank arm to a first portion of the second crank arm, mounting a piston rod between a first piston of the pair of pistons and said second crank arm, mounting a second piston rod between a second piston of said pair of pistons and said second crank arm, whereby rotating said handles in a given rotary direction to cause the first crank arm to exert a lifting force on said rod whereby to rotate said second crank arm in said given rotary direction thereby moving the piston rod upwardly with respect to one of the piston and simultaneously downwardly with respect to the second piston.

3. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal to form a substantially flat frame as set forth in Claim 1 which includes the further steps of mounting a seat on the relatively flat frame, mounting a back support on the relatively flat frame, providing a pivotal vertical leg adjacent a forward portion of said relatively flat frame, providing two pairs of spaced rollers connected to the bottom of said pivotal vertical leg with sufficient space between the two sets of rollers for the insertion of the ankles of a person seating on the seat, inserting a pair of pistons between the plates of the relatively flat frame, mounting a pivotal crank arm between the two plates forward of the pistons, connecting piston rods at spaced locations to the crank arm, connecting a rod between the crank arm and a central pivotal location on the pivotal vertical arm whereby, a person sitting on the seat can place his ankles between the two sets of rollers and urge his legs forward to pivot the vertical arm in a given direction such that the rods connecting from the vertical arm to the crank arm will cause the piston rods

to move inwardly with respect to one of the pistons and move outwardly with respect to the other piston.

4. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal to form a substantially flat frame as set forth in Claim 1 wherein the step of welding a plurality of braces to the plates includes the further steps of providing a tab of reduced width at each end of each brace, inserting the tabs into rectangular slots located around the peripheries of the plates, clamping the plates together with clamps prior to welding the braces and removing the clamps subsequent to welding, whereby the braces hold the plates apart in essentially parallel relation.

5. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal to form a substantially flat frame as set forth in Claim 4 wherein the step of welding a plurality of braces to the plates is preceded by the step of clamping one of the plates to a flat table and unclamping said one plate from the flat table after the welding step.

6. A method of making an exercise machine from a pair of spaced apart, laser-cut sheets of metal to form a substantially flat frame as set forth in Claim 4 wherein the step of welding a plurality of braces to the plates is preceded by the steps of clamping a vertical straight edge to one of the plates, clamping a horizontal straight edge to said one of said plates, and unclamping the straight edges from said one plate after the welding step.

7. A vertically flat frame for an exercise machine consisting essentially of a pair of laser-cut sheets of steel of substantially identical shape and connected together in spaced parallel relation to form said relatively flat frame, the plates being held together in spaced

parallel relation by a plurality of braces which extend across the width of the flat frame and around the periphery of the plates, the resulting frame having a heel portion, a vertical portion extending above the heel, a lower base portion extending forwardly of the heel and a seat portion extending forwardly from the vertical portion above the base portion, the seat portion providing means for attaching a seat thereto and the upper portion above the seat providing a means for securing a back support thereto.